

Frontrunners Island Race Series

Merville 15k – 4 April, 2010

Comox Valley Road Runners Results - 20 Finishers							
OA	Group		Name	Club/Sponsor	Time	Pace	
						KM	Mile
17	4/24	M4549	Terry Nielsen	Comox Valley Road Runners	56:39	3:47	6:05
18	1/18	M5559	Wayne Crowe	Comox Valley Road Runners Extreme Runners/Asics	56:48 *	3:47	6:06
19	5/10	M2529	Brad Crowe	Comox Valley Road Runners	56:50	3:47	6:06
27	1/23	M5054	Keith Wakelin	Comox Valley Road Runners	58:13	3:53	6:15
32	3/23	M5054	Roger Plamondon	Comox Valley Road Runners	58:59	3:56	6:20
47	8/15	M4044	Steven Royer	Comox Valley Road Runners Fitness Excellence	1:02:11	4:09	6:40
54	1/22	F4549	Angela Plamondon	Comox Valley Road Runners	1:03:48 *	4:15	6:51
63	1/12	F3539	Kathy Rung	Comox Valley Road Runners	1:05:04	4:20	6:59
74	11/24	M4549	Jamie Kantor	Comox Valley Road Runners	1:05:57	4:24	7:05
82	3/19	F4044	Shannon Lebeuf	Comox Valley Road Runners	1:07:39	4:31	7:15
90	14/15	M4044	Chris Perry	Comox Valley Road Runners	1:08:43	4:35	7:22
92	1/6	F6064	Roslyn Smith	Comox Valley Road Runners	1:08:51 *	4:35	7:23
101	16/23	M5054	Danny Keyes	Comox Valley Road Runners Riverside Nissan	1:09:42	4:39	7:29
129	18/23	M5054	Peter Dargie	Comox Valley Road Runners	1:13:33	4:54	7:53
131	3/17	F5054	Karen Sibley	Comox Valley Road Runners	1:13:56 *	4:56	7:56
148	7/16	M6064	Jack Penfold	Comox Valley Road Runners	1:16:43	5:07	8:14
150	5/17	F5054	Karen Weller	Comox Valley Road Runners	1:16:51	5:07	8:15
193	16/18	M5559	Leo Rolfe	Comox Valley Road Runners	1:22:24	5:30	8:50
226	7/9	M6569	Tom Munro	Comox Valley Road Runners	1:30:23	6:02	9:42
237	1/2	F7074	Diane Palmason	Comox Valley Road Runners	1:31:40 *	6:07	9:50

2010 Club Points (Unofficial)

Pos	Club	Total Club Points	Jan 10	Jan 24	Feb 7	Feb 21	Mar 7	Mar 21	Apr 4
			Prairie Inn Pioneer 8K	Cobble Hill 10K	Cedar 12K	Hatley Castle 8K	Bazan Bay 5K	Comox Valley Half Marathon	Merville 15K
1	Prairie Inn Harriers (356 Finishers)	4778	1194 (93)	663 (54)	686 (49)	667 (49)	821 (61)	375 (26)	372 (24)
2	Comox Valley Road Runners (125 Finishers)	1602	146 (15)	173 (14)	213 (16)	201 (14)	188 (13)	387 (33)	294 (20)
3	Frontrunners Westshore (154 Finishers)	1577	213 (30)	280 (28)	258 (22)	227 (21)	222 (25)	219 (17)	158 (11)
4	Bastion Running Club (116 Finishers)	1173	139 (13)	174 (16)	246 (25)	146 (14)	65 (5)	187 (23)	216 (20)
5	Westwood Running Club (104 Finishers)	1082	119 (18)	168 (16)	194 (17)	129 (11)	65 (12)	181 (15)	226 (15)